



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

2023-2024 Dive of the Week

	First Day of Practice	August 21	November 13
Week	Dive Group	Girls	Boys
1	Forward	Sept. 4 - Sept. 10	Nov. 27 - Dec. 3
2	Back	Sept. 11 - Sept. 17	Dec. 4 - Dec. 10
3	Inward	Sept. 18 - Sept. 24	Dec. 11 - Dec. 17
4	Twist	Sept. 25 - Oct. 1	Dec. 18 - Dec. 24
5	Reverse	Oct. 2 - Oct. 8	Dec. 25 - Dec. 31
6	Forward	Oct. 9 - Oct. 15	Jan. 1 - Jan. 7
7	Back	Oct. 16 - Oct. 22	Jan. 8 - Jan. 14
8	Inward	Oct. 23 - Oct. 29	Jan. 15 - Jan. 21
9	Twist	Oct. 30 - Nov. 5	Jan. 22 - Jan. 28
10	Reverse	-	Jan. 29 - Feb. 4